

# **Community Service Grant Programs 2006**



**King County  
Developmental Disabilities Division**



**State of Washington, Region 4  
Division of Developmental Disabilities**

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## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE CHILDREN AND TEENS

**Location:** North  
**Type of Service:** Sibling Support Group  
**Who Served:** Siblings of Children with Developmental Disabilities  
**Service Available:** During the School Year  
**Agency/Program:** ***Children's Hospital and Regional Medical Center - Sibshops***  
4800 Sand Point Way NE, MS: 2C-1  
Seattle, WA 98105  
**Contact Person:** Cathy Harrison, (206) 987-3285  
Email: cathy.harrison@seattlechildrens.org

**Description:** *Sibshops* is a program geared toward the siblings of children with special needs. The program acknowledges the fact that a sibling spends more time with a brother or sister who has special needs than anyone, except perhaps a parent. They also believe that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in-between.

Sibshops provide regular, monthly, activity sessions for the brothers and sisters who have much to offer one another. Sibshops, offer participants an opportunity to explore their feelings about being the brother or sister of a sibling with special needs. This is accomplished through regular recreational and activity sessions such as: unique new games, arts and crafts, social opportunities, lunch, and discussion groups.

The activity sessions provided by Sibshops strive to create an atmosphere that recognizes the unique contributions made by siblings, and the unique problems with which they must deal. Sibshops are held once a month during the school year and hosted at Children's Hospital and Regional Medical Center. Sibshops serve children ages 6-13 years old (divided into two groups, 6-9 and 10-13 years of age). Each Sibshop usually lasts three hours, and takes place one Saturday per month. Parent meetings are offered twice a year to support their involvement in the program.

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**Location:** South  
**Type of Service:** Educational/Recreational  
**Who Served:** Children (6-12 years)  
**Service Available:** Summer Camp (June – August)  
**Agency/Program:** ***City of Kent Parks, Recreation and Community Services***  
315 E. Meeker Street  
Kent, WA 98030  
**Contact Person:** Janet Hasselblad, (253) 856-5030  
Email: jhasselblad@ci.kent.wa.us

**Description:** The City of Kent Parks, Recreation and Community Services offers six, week-long day camps for children ages 6–12. Camp W.A.L.K.A.P.A.L.A. provides campers a summer of fun with a full range of activities: games, outings, visiting clowns, sports, arts and crafts, and more. The Adaptive Recreation program provides children with developmental disabilities an opportunity to participate at Camp W.A.L.K.A.P.A.L.A. alongside their typically developing peers. The program provides a high ratio of staff to campers to make full inclusion possible. With approximately three campers to one staff, most children are able to join in on every activity provided.

## Community Services Grant Programs – 2006

### **PROGRAMS THAT SERVE CHILDREN AND TEENS**

**Location:** South  
**Type of Service:** Social/Recreational/Community Service  
**Who Served:** Teens  
**Service Available:** September 12, 2006 to December 14, 2006  
**Agency/Program:** ***City of Renton Recreation Division / Community Services Club***  
1715 Maple Valley Highway  
Renton, WA 98055  
**Contact Person:** Colleen Heuser, (425) 430-6715  
Email: cheuser@ci.renton.wa.us

**Description:** The City of Renton Specialized Recreation Program offers an inclusive community service club for youth with and without disabilities in the Renton community. This club meets after school one day a week. The club members work together, with guidance from program staff, to plan three community service projects that will be completed by the end of December. The club members also have the opportunity to develop vocational skills through preparation or training workshops offered during their meeting time, designed to address the needs of each service project. In addition, the club members work together to develop a training module for disability awareness to be used within the community.

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**Location:** Central  
**Type of Service:** Self-advocacy and peer support  
**Who Served:** Teens & Young Adults  
**Service Available:** A Training Video  
**Agency/Program:** ***Grace Productions***  
550 North 78<sup>th</sup> Street  
Seattle, WA 98103  
Katie Henderson  
16000 Christensen Road, Suite 240  
Seattle, WA 98188  
**Contact Persons:** Dianne Laurine, (206) 365-9628, Email: dianne-laurine@juno.com  
Katie Henderson, (206) 353-4429

**Description:** Grace Productions is a company that creates short videos to be used as training and advocacy tools. For this project, a 30 minute video addressing high school students' attitudes toward people with disabilities will be available for free to self-advocates in King County. The advocates will then be able to approach schools and organizations in their own neighborhoods in an attempt to directly increase awareness and involvement. An accompanying advocacy pamphlet outlining how to approach neighborhood schools and organizations, and set up outreach event are provided with the video. This is a one time project.

## Community Services Grant Programs – 2006

### **PROGRAMS THAT SERVE CHILDREN AND TEENS**

**Location:** Central  
**Type of Service:** Educational, Arts/Recreational  
**Who Served:** Children (Seventh and Eighth Graders)  
**Service Available:** Summer  
**Agency/Program:** ***Seattle Center Foundation / Seattle Center Arts Academy***  
305 Harrison Street  
Seattle, WA 98109-4645  
**Contact Person:** Julia Colson, Community Programs Mgr. (206) 684-7377  
Email: colsonj@seattle.gov

**Description:** The Seattle Center Academy is a two-week summer arts education program that provides art experiences to middle-school students (7-8 graders). This sweeping program offers an impressive array of classes and activities for 275 students during the two-week session. To ensure a successful experience for all participants, the Academy also provides bus transportation, supplies and ongoing communication with the families. The program provides scholarships for approximately 20 students with developmental disabilities each year.

Participants spend five hours per day in a series of classes that include: sculpture, ceramics, dance, music, theater, cartooning, photography, and more. The Academy's program list seems endless. Classes are conducted by professionals and students from art organizations throughout the area.

Within this framework, there is a segment of the Seattle Center Academy program called Reach For It! This segment recruits and supports kids with developmental disabilities. Participants receive special attention according to their needs and are integrated into general classes and activities. To support them, the Academy provides mentors to assist them in going to and from classes, as well as during classes and other activities. There is a one to one student to mentor ratio. When necessary, the Academy creates adaptive classes that provide special accommodations, but even with these special considerations, the program strives to maintain some level of integration and inclusion.

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**Location:** North  
**Type of Service:** Social/Recreational  
**Who Served:** Children (ages 3-5)  
**Service Available:** Summer Camp  
**Agency/Program:** ***Sorenson Early Childhood Center & Northshore YMCA***  
19705 – 88<sup>th</sup> Ave. NE  
Bothell, WA 98011  
**Contact Person:** Mary Springer, Family Advocate, (425) 489-6467  
Email: mspringer@nsd.org

**Description:** This Summer Camp Program is a collaborative effort between the Northshore YMCA and the Sorenson Early Childhood Center. This program will provide a summer camp/respite program for King County preschool children with developmental disabilities.

The camp is located at The Sorenson Early Childhood Center in Bothell. The Sorenson Center has a developmentally appropriate playground and covered play area which during the summer provides outdoor activity. Most of the facilities are specially designed for small children. The camp is two and one half hours every weekday morning for two weeks. This is the first year for this summer camp.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE CHILDREN AND TEENS

**Location:** North  
**Type of Service:** Social/Recreational  
**Who Served:** Children (ages 0-3) and their parents  
**Service Available:** Year Round  
**Agency/Program:** ***Wonderland Developmental Center***  
P.O. Box 82897  
Kenmore, WA 98028

**Contact Person:** Jana Pettit, (206) 364-3777, Email: [jpettit@wdcbirthtothree.org](mailto:jpettit@wdcbirthtothree.org)

**Description:** The Wonderland Water Workout is a weekly water therapy group program facilitated by two trained Wonderland staff at the Recreation Pavilion in Mountlake Terrace. Participants meet Wonderland staff at the pool during the leisure swim time. An occupational therapist and a trained swim instructor staff the program. The curriculum includes both occupational therapy and specifics of water safety. The program provides time with typically developing children who also are at leisure swim with their parents. Wonderland staff are available to answer questions from any parent during the “free” time. Any family may join this program on a space available basis. The typical children attending the open leisure swim time also serve as models for the children in our program. Simply being at a community facility with other parents and typically developing children is inclusive. The program provides an opportunity for Wonderland parents to literally test the water of an inclusive future for their children. Call or email Wonderland for more information.

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**Location:** North  
**Type of Service:** Social/Recreational  
**Who Served:** Children  
**Service Available:** Year Round  
**Agency/Program:** ***Wallingford Boys and Girls Club***  
P.O. Box 31760  
Seattle, WA 98103

**Contact Person:** Nita Smith, (206) 547-7261, Email: [nsmith@positiveplace.org](mailto:nsmith@positiveplace.org)

**Description:** The Wallingford Boys and Girls Club conducts a special needs program. This provides specialized support to youth with developmental disabilities to help them fully participate in Boys & Girls Club programming. This program provides drop-in respite after school. Learning room and daily activities are provided. The program helps youth develop independent living skills, have fun, and build self-esteem.

The Boys & Girls Club serves children 5 to 18 years old. The organization provides a staff member that meets children who have a developmental disability as they arrive at the drop-in program. This staff member then makes sure that the children receive the necessary assistance to participate in the day's activities. The Club's list of classes and activities is extensive. The Wallingford Boys and Girls Club attempts to ensure that inclusion occurs in all of its events and activities. This program operates year round.

A summer camp is also offered called: *Camp Blast*. This program is for children and teens with high functioning special needs. The nine week camp runs from 9:00 am – 1:00 pm daily. In the afternoon, many campers join the Club's regular drop-in program from 1:00 pm – 6:00 pm. The program emphasizes exercise, education and expression. Every day a field trip is offered, examples might include: the local fire department, Seattle Storm basketball games, Woodland Park Zoo, Experience Music Project, Bite of Seattle, Wild Waves, swimming and mini-golf.

**Location:** King County



## Community Services Grant Programs – 2006

### **PROGRAMS THAT SERVE CHILDREN AND TEENS**

**Type of Service:** Outdoor Recreation - Day Camps  
**Who Served:** Children up to age 21  
**Service Available:** Year Round  
**Agency/Program:** **SKIFORALL Foundation - Inclusive Recreation Day Camps**  
1621 – 114<sup>th</sup> Avenue SE, Suite 132  
Bellevue, WA 98004-6905  
**Contact Person:** Karen Chernotsky, (425) 462-0978, Email: info@skiforall.org

**Description:** SKIFORALL offers five sessions of week-long inclusive recreation day camps for King County residents with developmental disabilities. Day camps are scheduled to take place during school breaks, including: winter break (December) mid-winter break (February), spring breaks (two different weeks in April) and summer (June through August). The day camps are offered, and transportation is provided to various locations. Camps are offered Monday through Friday with half- day and full-day options for participants. Camp activities are designed to serve children and adults with and without developmental disabilities, and may include adaptive cycling, hiking, rock climbing, water skiing, canoeing, snowshoeing, excursions to local parks and other programs depending upon the season and weather parameters.

SKIFORALL also offers Custom Events designed to serve children and adults with and without developmental disabilities. SKIFORALL hopes to increase enrollment by children and adults with developmental disabilities, their families and friends from diverse communities including refugee/immigrant and limited or Non-English speaking communities. All instruction, equipment and support is provided by trained SKIFORALL staff and volunteers. Call or visit their web site: [www.skiforall.org](http://www.skiforall.org) for a full brochure of events. For either of these programs you can request information about a scholarship for your child with a developmental disability.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE PARENTS

**Location:** East  
**Type of Service:** Circulo de Mamas (Support Group for Spanish Speaking Mothers)  
**Who Served:** Parents  
**Service Available:** Twice a month  
**Agency/Program:** **Kinderling Center**  
16120 NE 8<sup>th</sup>  
Bellevue, WA 98008  
**Contact Person:** Rosanne Feder, (425) 653-4306, Email: Rosanne.feder@kinderling.org

**Description:** The support group serves both Spanish speaking mothers of children with special needs and Spanish speaking mothers of typically developing children from the community. Through meetings twice each month the support group promotes the health and wellbeing of Spanish speaking women and their families by providing this highly isolated population of women with a place to connect with each other, access important community resources, and work through the cultural and personal challenges of raising a family in the U.S. and of raising a child with special needs in the Spanish community.

The group is led by a native Spanish speaking mental health therapist. The Kinderling Center believes that having a native speaker facilitating the group greatly increases the level of intimacy and candid discussion among participants. The group meets for two-hour sessions twice a month and is free-of-charge to participants. The support group is structured to serve up to 20 participants at each meeting. Each session includes free, onsite childcare provided by Spanish speaking childcare professionals. In the case that transportation difficulties arise, agency funds are available to help cover costs such as reimbursement for gas.

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**Location:** North  
**Type of Service:** Family Support Counseling  
**Who Served:** Parents  
**Service Available:** During School Year  
**Agency/Program:** **Sorenson Early Childhood Center / Northshore School District**  
19705 - 88<sup>th</sup> Avenue NE  
Bothell, WA 98011  
**Contact Person:** Mary Springer, (425) 489-6467, Email: mspringer@nsd.org

**Description:** This is a parent driven group. The support group provides a forum for psychosocial support and also for education on parenting concerns and community resources. They plan for two periods of the year: January through June and September through December. They provide at least one opportunity for respite (Parents Night Out) during the year. Two aspects of the program remain constant: one is the Email group that people may sign up for when their child starts at Sorenson Early Childhood Center and the other is the Friday afternoon Parent Support group. The Email group provides a way to share current and relevant information to families, and the support group is a monthly open ended discussion group intended to provide community development and peer support.

This program also provides an evening program for education and information sharing. Childcare is always provided as a way to prevent barriers for attendance. Topics are selected based on interest and age appropriate needs, for example: toilet training, social skill development, parenting issues, transition to Kindergarten, child safety and abuse prevention.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE PARENTS

**Location:** Central  
**Type of Service:** Parent Support Group  
**Who Served:** Parents  
**Service Available:** Year round  
**Agency/Program:** *Parent to Parent Power*  
*Chinese Parent Information and Education Support Project*  
1118 S. 142<sup>nd</sup> St., ste. B  
Tacoma, WA 98444  
**Contact Persons:** Yvone Link, (253) 531-2002, Email: yvone\_link@yahoo.com  
Ginger Kwan (206) 372-1072, Email: kwkwan@msn.com

**Description:** The Parent to Parent Power/Chinese Parent Information and Education Support Project (CPIESP) provides linguistically and culturally relevant services to Chinese children, youth, and adults with developmental disabilities and their families residing in King County. This project facilitates networking with Chinese parents who have similar interests, experiences, and/or challenges. This networking builds strength, knowledge, and fellowship among families who need additional assistance.

Parent to Parent Power was designed by a group of Chinese parents who have children with developmental disabilities. A total of six group meetings and two family community outings are offered throughout 2006. Each of the six meetings will last between three to four hours, and the two family outings are all day activities. Through the partnership and collaboration among the Tzu Chi Foundation and Parent to Parent Power, Chinese parents of children with developmental disabilities are offered opportunities to learn and access services with appropriate language and cultural supports. Please call or Email for a meeting schedule.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE PARENTS AND CHILDREN

**Location:** South  
**Type of Service:** Parent Support/Sewing Group  
**Who Served:** Parents and Children  
**Service Available:** Year Round  
**Agency/Program:** ***Southwest Youth and Family Services***  
4555 Delridge Way SW  
Seattle, WA 98106  
**Contact Persons:** Sili Savusa, (206) 937-7680, ext. 219, Email: ssavusa@swyfs.org  
Sambath Soung, (206) 937-7680, ext. 230  
Email: ssoung@swyfs.org

**Description:** The Inclusion Sewing Circle provides support for immigrant and refugee mothers to meet twice a month on Saturdays from 10:00 am to 1:00 pm. The purpose of the group is to provide inclusion activities for Cambodian and other families as well as to provide social and practical support to mothers and caretakers of children with developmental disabilities. Mothers meet to learn to sew, improve sewing skills or just have access to a sewing machine. In this context, mothers talk, share experiences and meet friends, old and new. Parents with and without children with developmental disabilities share tips and approaches to parenting. Activities are organized for all of the children and snacks are provided. The Sewing Group serves as a source of information for participants. As issues are raised in the group, staff researches community information and presents resources on the relevant topic. Transportation to and from the group is provided or coordinated to ensure that transportation is not a barrier to participation.

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**Location:** South  
**Type of Service:** Parent Support  
**Who Served:** Parents and Children  
**Service Available:** Year Round  
**Agency/Program:** ***Refugee Women's Alliance***  
4008 Martin Luther King Jr. Way, So.  
Seattle, WA 98108  
**Contact Person:** Nick Bowen, (206) 721-8450, Email: nick@REWA.org

**Description:** Refugee Women's Alliance (REWA) offers three support groups that meet quarterly to support families who speak Vietnamese, Somali, and Cambodian. Each support group serves 8-12 families. Parent support groups are facilitated by a family advocate and bring together parents and families to share experiences and provide peer support. Support groups are conducted in each group's native language and reduce feelings of isolation by fostering a sense of community for families facing similar challenges. This safe environment provides parents an outlet to express feelings of frustration, an opportunity for problem-solving, and a venue for celebrating their children's progress and accomplishments. After each support group, the Family Advocates follow up with families to learn and understand how the support groups are helping them, to make sure that the family is taking advantage of community participation opportunities, to identify needs and connect the family to services.

## Community Services Grant Programs – 2006

### **PROGRAMS THAT SERVE PARENTS AND CHILDREN**

**Location:** East  
**Type of Service:** Parent Support  
**Who Served:** Parents and Children  
**Service Available:** Year Round – Quarterly Basis  
**Agency/Program:** ***Life Enrichment Options (LEO)***  
P.O. Box 117  
Issaquah, WA 98027  
**Contact Persons:** Rose Finnegan, (425) 392-5682, Email: finneganrm@aol.com

**Description:** “Family Night for Families with Special Needs” is a quarterly parent support group which coincides with the “Family Night” already sponsored by the Issaquah Community Center. This is a parent program that also provides activities for siblings and young children with special needs at the Issaquah Community Center. The Community Center Youth Advisory board provides companionship and supervision of the children, so the parents may enjoy the parent program. The parent programs are developed from interest surveys of the parents. The young adults, along with one to two facilitators, develop their agenda. The meetings take place on a quarterly basis. Fall, Winter and Spring will be at the Issaquah Community Center; the Summer event will be at Tibbetts Manor also in Issaquah.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE ADULTS

**Location:** South  
**Type of Service:** Educational  
**Who Served:** Adults  
**Service Available:** Year Round  
**Agency/Program:** **Highline Community College - ACHIEVE Program**  
Community Development and Education/ Achieve Program  
P.O. Box 98000, MS: 99-180  
Des Moines, WA 98198  
**Contact Person:** Jenni Sandler, (206) 878-3710, ext. 3474  
Email: jsandler@highline.edu

**Description:** The ACHIEVE Program provides inclusive and affordable adult continuing education at Highline Community College for people with learning or other disabilities. The courses are open to anyone in the community and are offered on a quarterly basis. The program focuses on four major areas of learning: Employment Readiness, Independent Living, Self-Advocacy and Essential Skill Building. Scholarships are offered through this program for individuals who qualify for developmental disability services.

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**Location:** North  
**Type of Service:** Social/Recreational  
**Who Served:** Adults  
**Service Available:** Year Round  
**Agency/Program:** **Northshore Senior Center**  
10201 East Riverside Drive  
Bothell, WA 98011  
**Contact Person:** Marty Dennis, Director, (425) 487-2441  
Email: martyd@seniorservices.org

**Description:** The Northshore Senior Center Inclusion Developmental Disabilities Program provides social and recreational opportunities for individuals with developmental disabilities in community locations that are used by non-disabled individuals for the same or similar activities. Senior Center staff work individually with adults with developmental disabilities to help them identify their interests, gifts, and needs. Staff then involve participants in the activities of their choice: art programs, physical activities, the Health Enhancement Program (HEP), clubs, outings, support groups, special events, meals, committees and volunteer opportunities. Most participants come to the Northshore Senior Center one to three times per week. They enjoy activities, visit with new friends, and offer volunteer assistance. Caregivers and families of participants are invited to participate in the center's Caregiver Support groups facilitated by a team of social workers and volunteers.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE ADULTS

**Location:** North  
**Type of Service:** Social/Recreational  
**Who Served:** Adults  
**Service Available:** Year Round  
**Agency/Program:** ***City of Shoreline Parks, Recreation and Cultural Services  
Adult Community Choices Program***  
17544 Midvale Avenue N.  
Shoreline, WA 98133-4921  
**Contact Person:** Jill Rogers, (206) 418-3378 or Cell: (206) 571-2971  
Email: jrogers@ci.shoreline.wa.us

**Description:** The Adult Community Options Program is a community resource program geared toward the City of Shoreline's adults with special needs. Two days per week, four hours each day, participants attend a variety of outings including local parks, art and history museums, the Zoo, the Aquarium and the Pacific Science Center. Additional activities include a variety of projects including art, music, gardening, cooking, balloon volleyball and bingo. Program participants are encouraged to participate in community service projects such as baking for the teen shelter, delivering craft projects to nursing homes, and on-site volunteering at Food Lifeline. Program staff, volunteers, and attendants, provide a ratio of 1:3, which provides the opportunity for interpersonal interaction between the staff and participants and between the participants and the public. Our goal is to strengthen community connections, build friendships and grow opportunities for both sides in learning from different types of people.

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**Location:** North  
**Type of Service:** Social/Recreational "Partners"  
**Who Served:** Adults  
**Service Available:** Year Round  
**Agency/Program:** ***Parkview Services - Stepping Out For Fun***  
P.O. Box 65157  
Shoreline, WA 98155  
**Contact Person:** Alison Pollowitz, (206) 779-7275  
Email: steppingout@parkviewservices.org

**Description:** This program brings together community volunteers and people with disabilities who live with their families. The program creates opportunities for program participants to enjoy community activities once a month for 3-4 hours. Volunteers play a vital role in this program. Volunteers are recruited, trained, and paired with program participants according to mutual interests. Together they regularly go out and have fun at a variety of community-based activities such as; pottery making, eating out, sporting events, art museums, music concerts, and bowling. The kinds of activities partners participate in are limitless. Donated tickets to King County venues are solicited and offered, so partners can have a low-cost outing. The activities are one-to-one, and client based.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE ADULTS

**Location:** Central  
**Type of Service:** Social/Recreational  
**Who Served:** Adults  
**Service Available:** Year Round  
**Agency/Program:** ***VSA arts of Washington / Vision Project***  
312 South Washington, Suite A  
Seattle, WA 98104  
**Contact Persons:** **Daniel Schmitt**, Executive Director, (206) 443-1843  
Email: dans@vsaaw.org  
Shannon Andersen, Vision Project, (206) 264-0609  
Email: shannona@vsaaw.org

**Description:** The Vision Project is a gallery and artists' studio situated in the Tashiro-Kaplan Building, located in the Pioneer Square neighborhood of downtown Seattle. The Vision Project is an expansion of VSA arts of Washington's Exhibits and Professional Development programs. Programs include art classes, workshops, and studio time.

Scholarships are available for 10 adults with developmental disabilities who are eligible for developmental disability services through King County Developmental Disabilities Division. Call or email for information and registration materials.



## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE ADULTS AND CHILDREN

**Location:** East  
**Type of Service:** Social/Recreational  
**Who Served:** Adults & Children  
**Service Available:** Year Round  
**Agency/Program:** ***City of Issaquah***  
Community Club  
P.O. Box 1307  
Issaquah, WA 98027  
**Contact Person:** Carol Decker, Recreation Coordinator, (425) 837-3310  
Email: carold@ci.issaquah.wa.us

**Description:** The Parks and Recreation Department of the City of Issaquah provides a variety of recreation programs including day camps, after school programs, sports, arts and crafts and community access programs. Day Camps are provided when school is not in session. The camps run from 9:00 am – 4:00 pm weekdays. The Community Club program provides regular day activities (twice a week) for special populations such as fitness class, sports, arts and craft projects, game room, and weekly field trips. Many activities take place at the Issaquah Community Center and are open to everyone. The program director networks with other community resources such as the library, where program participants go monthly. For some activities, participants pay admission fees, or other necessary personal expenses. Additional programs include youth sports and after school youth programs. Call for brochures and further information.

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**Location:** South  
**Type of Service:** Social/Recreational  
**Who Served:** Adults & Children  
**Service Available:** Year Round  
**Agency/Program:** ***City of Enumclaw Parks and Recreation Department***  
1339 Griffin Avenue  
Enumclaw, WA 98022  
**Contact Person:** Gwen Streeter, (360) 802-0233  
Email: gwenstreeter@ci.enumclaw.wa.us

**Description:** The City of Enumclaw offers wellness classes geared toward healthy eating, weight loss, agility, and strength training. Water aerobics also augment the wellness program. Other ongoing activities include dining out, movie night, bowling, trips, and tours. Participants also conduct volunteer projects along with community members.

All activities promote inclusion, are community-oriented, and encourage interaction. The wellness and water aerobics classes are held for the general public. Some popular trips are: river rafting, camping, over-night at Ocean Shores, and summer water fight. This is a year round program serving both adults and children.

## Community Services Grant Programs – 2006

### PROGRAMS THAT SERVE ADULTS AND CHILDREN

**Location:** South  
**Type of Service:** Social/Recreational  
**Who Served:** Teens and Young Adults (13 -25 years)  
**Service Available:** Year Round  
**Agency/Program:** ***City of Des Moines Parks and Recreation***  
1000 S. 220<sup>th</sup> Street  
Des Moines, WA 98198  
**Contact Person:** Jennifer Miller, (206) 870-6582  
Email: recreation@desmoineswa.gov or jmiller@desmoineswa.gov

**Description:** This is a partnership project between the Cities of Des Moines, Burien, SeaTac, Tukwila and the unincorporated areas of South King County. Two different programs are offered.

The *Young Adult Social Program* offers a variety of recreational trips for young adults ages 13-25 years. It is a program in which young adults can be with friends, do arts and crafts projects, play games, sports, etc. Dinner, snacks and beverages are provided. Themes such as dances, barbeques, etc., have been incorporated into the socials that are held on a rotating basis at each of the different community centers. This is an inclusive program, which includes both disabled and non-disabled teens in social settings. There is a \$2 drop-in fee.

The *fitness class* provides activities such as: aerobics, walking, hand weights, circuit training and sports games. Classes are designed to enable a wide range of fitness levels and developmental abilities to participate. Class is held on Tuesdays and Thursdays at the Des Moines Field House, 4:30-5:30 pm. No class will be held in July and August. The focus of this class is fun, fitness, and how to develop an overall healthful lifestyle through diet and exercise. There is a \$2 drop-in fee.

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**Location:** East  
**Type of Service:** Social/Recreational/Therapeutic  
**Who Served:** Adults and Children  
**Service Available:** Year Round  
**Agency/Program:** ***Little Bit Therapeutic Riding Center***  
19802 NE 148<sup>th</sup> Street  
Woodinville, WA 98072  
**Contact Person:** Kathy Alm, (425) 882-1554, Email: executivedirector@littlebit.org  
For service information: Erin Alberta, Email: erin@littlebit.org

**Description:** Little Bit provides children and adults who have disabilities with the opportunity to experience horseback riding and all the therapeutic benefits that go along with this activity. Participants go to the Little Bit riding facility in Woodinville to take weekly classes where they learn to ride, regardless of the level or type of disability they have. The facility is equipped with an indoor riding arena, a ramp, an electric hoist, and other adaptive equipment designed for people who need assistance to mount a horse with ease. This highly sophisticated program allows participants to experience the challenges of getting atop a horse and experiencing an exciting activity that provides personal growth that cannot be otherwise acquired. This program utilizes the unique qualities of the horse to effect positive change in riders including: increased muscle strength, prevention of bone weakness and joint dislocation, improved balance and hand/eye coordination, enhanced overall physical health which can increase life expectancy, and improved communication and social skills. Classes take place on a weekly basis. The program provides scholarships each quarter for children and adults with developmental disabilities.